

# **Hand Washing Resources & Activities**



**BRANT COUNTY  
HEALTH UNIT**

Resource Adapted from Middlesex-London Health Unit



# Hand Washing Overview

Hand washing is one of the most effective ways to prevent the spread of germs. It is an important skill for people of all ages and takes practice. Below you will find engaging activities, resources and posters that can be used in the classroom to teach students about hand washing.

While hand washing fits well with the kindergarten-grade 5 curricula, it is also appropriate to use with any grade where hand hygiene is an identified focus. It can be used as a leadership opportunity for intermediate/senior student helpers.

Why is hand hygiene so important at school? Removing bacteria and viruses from our hands is an important way to prevent the spread of illness. The spread of germs that cause the flu (influenza virus), the common cold (rhinovirus) and diarrhea and vomiting (norovirus) can all be reduced with good hand hygiene. Reducing the spread of illness in schools helps to keep children in class so they can continue to learn.

- Make time and ensure hand washing is part of routine
- Ensure that hand wash facilities are in good working order and stocked with soap and paper towels or air hand dryers
- Having a supply of alcohol hand sanitizer available in the classroom to be used under adult supervision can be an addition to a hand hygiene program
- Be a role model

To provide feedback or if you notice missing or outdated resources in this kit, please email :

[schools@bchu.org](mailto:schools@bchu.org)

## Curriculum Connections

Kindergarten	<b>Self-Regulation and Well-Being 6.3:</b> "practise and discuss appropriate personal hygiene that promotes personal, family, and community health"
Grade 1	<b>Human Development and Sexual Health D2.5:</b> "demonstrate an understanding of and apply proper hygienic procedures for protecting their own health and preventing the transmission of disease to others ( <i>e.g., washing hands with soap, using a tissue, sleeve sneezing, brushing and flossing teeth, not sharing hats or hairbrushes</i> )"
Grade 2	<b>Personal Safety and Injury Prevention D1.1:</b> "demonstrate an understanding of practices that enhance personal safety in the home ( <i>e.g., observing precautions for answering the phone and door, ..., following precautions for preparing and storing foods, washing hands</i> ), outdoors (...), and when online (...)"
Grade 3	<b>Personal Safety and Injury Prevention D2.2:</b> "apply their understanding of good safety practices by developing safety guidelines for a variety of places and situations outside the classroom, including online ( <i>e.g., guidelines for water safety; safe routes and practices for going to school; ...guidelines for personal hygiene and the prevention of infectious diseases; ...etc.</i> )"
Grade 4	<b>Human Development and Sexual Health D2.4:</b> "demonstrate an understanding of personal care needs and the application of personal hygienic practices associated with the onset of puberty ( <i>e.g., increased importance of regular bathing/showering and regular clothing changes; use of hygiene products; continuing importance of regular hygiene practices, including hand washing, oral health care, and care of prosthetic devices and residual limbs</i> )"

# Hand Washing Lesson Guide



## INTRODUCTION

- Name
- Pretend to sneeze and provide a visual for germs (e.g. Could use spray bottle or Play-Doh)

## GERMS

- Some germs are bad. We also need good bacteria to fight off our germs
- Bad germs are invisible and can grow, spread and make us sick
- Germs spread (*show by touching an item*); we breathe them in, touching items/ face then in our mouth (eat)

### How else can we protect ourselves?

- Cover cough/ sneeze using elbow (*\*practice*)
- Stay home when sick
- Hand washing

### What are other ways to stay healthy: (*can give hints if needed*)

- Eat healthy foods such as fruits and vegetables (drink water)
- Get a good night sleep
- Exercise regularly

## HAND WASHING

### When? (*Ask students. can give hints if needed*)

- Before we eat or prepare food
- After going to the washroom (even quick trips)
- After playing outside or when hands are dirty
- After petting animals, grocery shopping
- After sneezing, coughing or blowing your nose

### If you can't wash your hands (*e.g. Blow your nose but no sink nearby*), what can you use instead?

- Hand sanitizer if your parent/ guardian says it's okay

### Demonstration (*have students pretend*)

- Walk to the bathroom
- Tap on
- Wet hands
- Soap on hands
- Scrub! Make a "soap glove" **WITHOUT WATER** (show how to do the back of hands, nails, between fingers, thumbs, wrists; sing ABC's or happy birthday x 2 – 20 seconds)
- Rinse hands well
- Dry hands
- Use paper towel to turn off tap



## **ACTIVITY SHEETS AND OPTIONAL RESOURCES** **(Master copies included in this resource)**

[Hand Washing Colouring Page](#)

[Hand Washing Challenge \(Bingo\)](#)

[Hand Washing Fortune Teller](#)

[Hand Washing Stickers \(for best results print on \*\*Avery 5160\*\* label paper\)](#)

[Mini Certificates](#)

[Poster: Hand Washing- The 6 Step Method](#)

[Poster: Wash your Hands](#)

(to return to this menu, click the hand icon)

Videos

**Germ the Germ** <https://www.youtube.com/watch?v=V7LUOFKESHU>

**Fight Germs. Wash Your Hands** (CDC)- <https://www.cdc.gov/cdctv/healthyliving/hygiene/fight-germs-wash-hands.html>



**Don't forget to like, follow and tag us!**

When promoting these activities in your room using social media, please include us in the fun! **@BrantHealthUnit**



Name: \_\_\_\_\_

**I pledge to wash my hands**

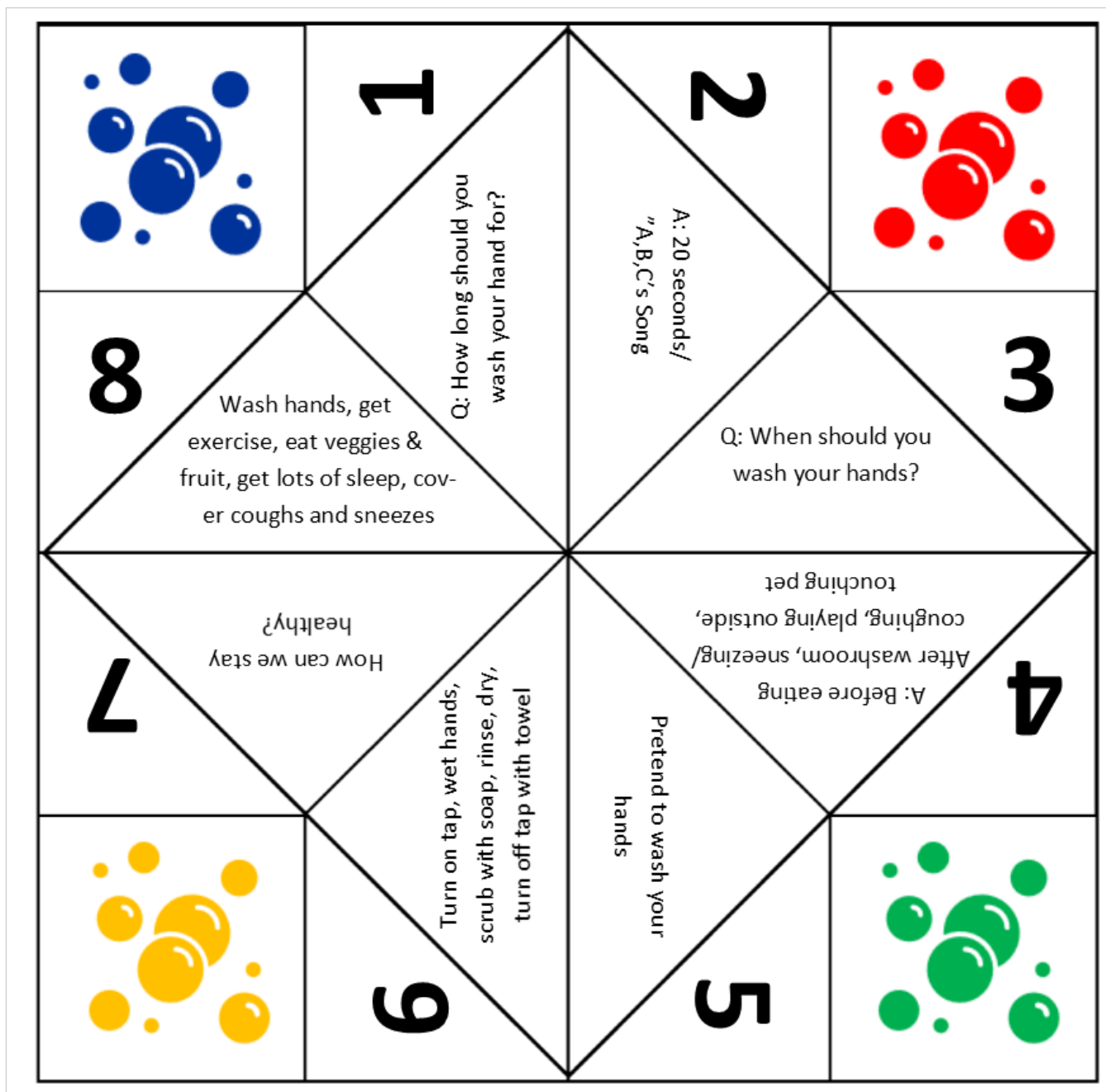
bubble  20 seconds  – before  – after 



# Hand Washing Challenge

I washed my hands after using the bathroom	I taught someone else how to wash their hands	I sang the A,B,C's when I washed my hands	I washed my hands after touching my pet
I washed my hands before eating	I washed my hands after playing outside	I used my elbow to cover my cough	I used a tissue for my runny nose (not my sleeve)
I used hand sanitizer when a sink and soap wasn't available	I used a towel to turn of the tap after washing my hands	I washed my hands before helping in the kitchen	I made bubble gloves when washing my hands
I used my elbow to cover my sneeze	I sang "Happy Birthday" twice when I washed my hands	I reminded someone to wash their hands	

# Hand Washing Fortune Teller



## Directions

1. Print and cut around outside of fortune teller
2. Fold in half and in half again
3. Open up, turn over (so top is blank), and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and finger behind two of the pictures and press together so they bend around and touch
7. Turn over and repeat with your thumb and finger of the other hand for the two pictures
8. All the pictures should now be at the front with centres touching





Wash me  
away with soap!

Got  
soap?

Down the  
drain!

Down with  
Germs

Hitchin'  
a ride!

Knock out  
germs

Clean  
Team  
Award

Rub 'em  
out!

Rub out  
GERMS

Wash your  
hands

Rub 'em  
out!

Clean  
Team  
Award

Wash your  
hands

Wash me  
away with soap!

Got  
soap?

Down the  
drain!

Down with  
Germs

Hitchin'  
a ride!

Knock out  
germs

Rub out  
GERMS

Hitchin'  
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Knock out  
germs

Clean  
Team  
Award

Rub 'em  
out!

Rub out  
GERMS

Wash your  
hands

Wash me  
away with soap!

Got  
soap?

Down the  
drain!







## Hand Washing Leader

\_\_\_\_\_

In recognition for learning about hand washing and teaching others to wash their hands.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

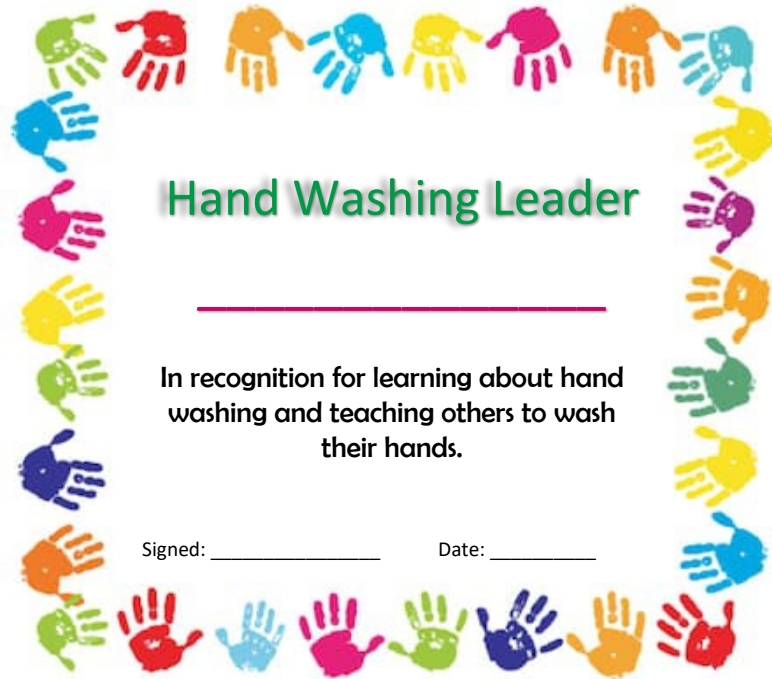


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# HANDWASHING

## The 6 Step Method

**1. Wet Hands**



**2. Dispense Soap**



**3. Lather (20 seconds)**



**4. Rinse**



**5. Towel Dry**



**6. Turn Off with Towel**





*For the good of your health...*

**Wash Your  
Hands!**

